

Mayo Clinic Medical Edge

Over-using Antacids

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	DESK DRAWERS, GLOVE COMPARTMENTS, MEDICINE CABINETS. THERE ARE SOME PEOPLE WHO HAVE ANTACIDS STASHED ALL OVER THE PLACE AND EAT THEM LIKE CANDY.
Yvonne Romero, M.D.	"WHEN WE RECOMMEND ANTACIDS, WE'RE RECOMMENDING AS NEEDED; IT SHOULDN'T BE NECESSARY EVERY DAY AND THEY SHOULD BE IN SHORT LITTLE QUANTITIES."
	MAYO CLINIC DR. YVONNE ROMERO EXPLAINS THAT ANTACIDS DO CARRY THE RISK OF

	SIDE EFFECTS, ESPECIALLY WITH LONG-TERM USE. PLUS,
Dr. Romero	“WE KNOW THAT THE BIGGEST RISK FACTOR FOR CANCER OF THE ESOPHAGUS IS BARRETT’S ESOPHAGUS. AND WE KNOW THAT BARRETT’S ESOPHAGUS—WHICH IS A PRECANCEROUS LINING OF THE ESOPHAGUS—THAT THE BIGGEST RISK FACTORS FOR IT IS HEARTBURN FOR OVER FIVE YEARS.”
	SO IF FREQUENT HEARTBURN HAS YOU POPPING ANTACIDS DAILY, IT MIGHT BE TIME FOR A MORE THROUGH EXAMINATION OF THE PROBLEM. IT MAY BE NOTHING, BUT AT LEAST YOUR STOMACH WON’T BE CHURNING WITH WORRY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.